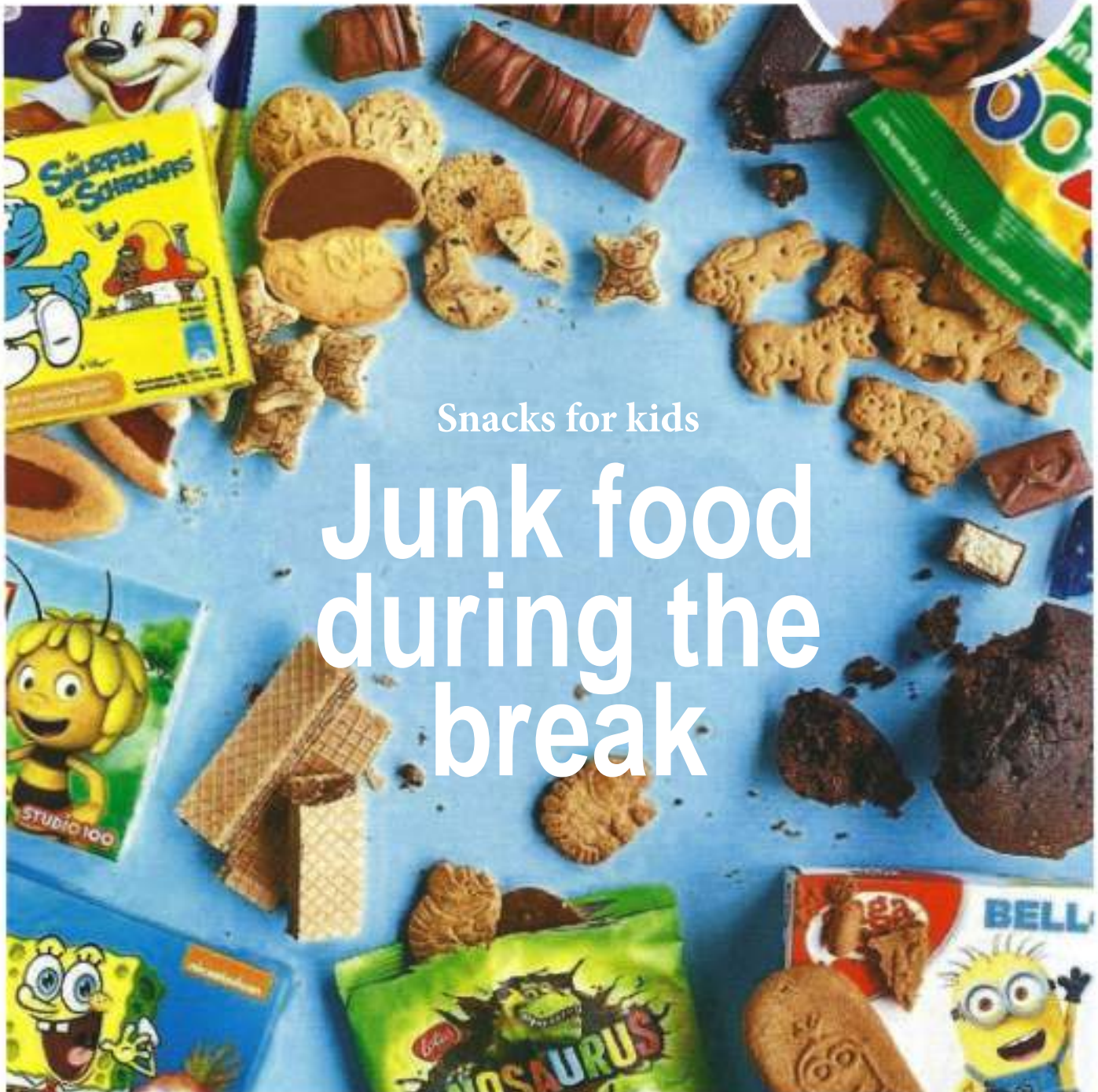


health test

www.testachats.be/sante | 147 | October/November 2018 | bimonthly | €16

Hair colouring

10 products tested, 1 winner



Snacks for kids

Junk food during the break

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TEST ONPURCHASES



Hair dyes

for DIY hair stylists

Most products for dyeing hair yourself are very effective. The best of our test is even excellent and, if we follow the safety instructions, they safe for your health. Still, pay attention to allergic reactions.

by Kristel Blommaert – Ann Lievens

To disguise your grey hair or change the colour of your hair, you can go to the hairdresser or dye your hair yourself, at about one-tenth of the price. There are actually two ways of dyeing hair. Semi-permanent hair dyes only penetrate into the hair's surface. They have

a temporary effect, as the colour vanishes after 4-6 washes. They do not lighten hair, as they are not more effective than colouring shampoos and gels designed to briefly change colour. These products only cover the outer layer of the hair with a layer of colour. For a lasting colour or a

Play safe



Always wear safety gloves and avoid contact of the product with the eyes.

lighter shade, you will need a permanent hair dye, whose colour will withstand washes.

The natural colour will reappear at the roots only after four weeks. Permanent hair dyes contain two main components, to be mixed at the time of application: on the one hand the developer, containing an oxidant such as hydrogen peroxide, and on the other hand the colouring cream consisting of a dye and a basic substance such as ammonia or related products. The latter expands the hair and opens the scales to allow the oxidant and the dye to penetrate. The oxidant bleaches the hair and fixes the dye at the core of the hair.

A large-scale test

For our large-scale test, we bought a light brown colouring of the top 10 brands. We applied it on different blond and brown hair, as well as on grey hair. All the dyes showed good to excellent results. We only encountered differences in terms of quality on grey hair coverage, uniformity and colour stability. Herbatint ranked first, with 5 stars for its hair dye. For all products, the final result is close to what is shown on the packaging. Unfortunately Khadi does not have a photo to refer to. Syoss and Garnier are less effective in covering grey hair than other brands. All products fully replace the old colour with the new one, but the colour is usually stronger on the ends. Hair scales often remain tight against each other at the roots, under the effect of sebum. Towards

Only chemicals allow for permanent colouring

Don't take any risks

- Keep children away.
- Carry out the allergy test 48 hours in advance, even if it's not the first time you are dyeing your hair.
- Prepare all the material: gloves, comb, developer and colouring cream, timer, etc. Always wear gloves.
- Carefully follow the instructions.
- Do not mix different types of product and do not use the residues.
- Never use the product to dye your eyelashes or eyebrows, or your beard or moustache.
- Avoid any contact with eyes, ears and hands. In case of contact, rinse immediately with water.
- Avoid spreading the product on clothes, jewellery or metal pins.
- Follow the required action time and rinse hair thoroughly at the end.
- If after colouring your hair, you experience itching, rashes, swelling of the eyes or face, remove the product and seek medical advice.

the ends, they are damaged by age, sun, etc. It is easier for the hair dye to penetrate parts that have become porous and more fragile. It is therefore no surprise that none of the types of hair in the test showed a perfectly even colouring from roots to ends, but Herbatint, Khadi, L'Oréal Paris and Eugène Color showed the best results. Frequent washes still cause the hair dye to slightly fade away, but the loss of colour is more pronounced with Naturtint, Phytocolor and L'Oréal Paris.

The 10 products were also tested by 15 volunteers, who all said they were very happy with them. Only Khadi received a rather mixed reception: our testers were less appreciative of its preparation technique, texture and smell. In general, they found the product complicated and impractical to use.

Pay attention to irritations

A number of hair dyes contain substances that can cause an allergic skin reaction. These sensitising agents or potentially irritating substances can cause contact dermatitis on the forehead, scalp, face and neck. Symptoms may include itching, peeling, a burning sensation and rashes. In rare cases, also swelling of the face and discomfort or breathing problems. In general, darker hair dyes contain more sensitising agents than lighter ones. The European Commission's Scientific Committee for Consumer Protection classified sensitising agents on a scale ranging from moderately to extremely irritating. Colouring agent p-phenylenediamine (better known by the acronym PPD) and toluene-2,5-diamine (TDA) are among the most at risk in this sense. For our test, we took into account the number of sensitising agents and their degree of irritation. All the products tested contain 1 to 7 of these substances. This also applies – albeit to a lesser extent than the other hair dyes – to the 'natural' Khadi dye sold by organic trade retailers, as well as to Herbatint, the winner of the test. In addition to sensitising agents, also some perfumes can trigger allergic reactions. The EU has classified 26 of them as allergens and the list is available online at www.

BEST OF THE TEST
BEST BUY



76 TOP QUALITY
HERBATINT
5N light brown
13,52 €

BEST BUY



68 GOOD QUALITY
HERBATINT
5N light brown
12,49 €

HAIR DYES

BEST OF THE TEST

BEST BUY

	PRICE	INGREDIENTS			TEST RESULTS							FINAL SCORE OUT OF 100	
		Per pack	Resorcinol	Allergens	Low in irritating substances	Correspondence with the photo	Coverage	Grey hair coverage	Even coverage from roots to ends	Resistance to washes	Appreciation by or panel		Info on the label
HERBATINT 5N light brown	13,52			***	*****	*****	*****	****	****	****	****	****	76
NATURTINT 5N light brown	12,49		✓	*	*****	*****	*****	***	**	****	****	****	68
PHYTOCOLOR Chestnut 4	15			*	*****	*****	*****	***	**	****	****	****	65
SCHWARZKOPF Perfect mousse 600 light brown	10,99	✓	✓	**	*****	*****	*****	***	***	*****	*****	*****	64
POLY PALETTE Intensive creme colour 600 light brown	8,04	✓	✓	*	*****	*****	*****	***	***	****	*****	*****	61
KHADI herbal hair colour light brown	9,90			***	S.O.	*****	*****	****	***	**	***	***	61
SYOSS Salon anti-fade protection 5-1 light brown	7,76	✓	✓	**	*****	*****	****	***	***	****	*****	*****	61
L'OREAL PARIS Excellence crème 5 light brown	11,16	✓		*	****	*****	*****	****	**	****	*****	*****	59
EUGENE COLOR Color & Eclat - Les Naturelles 5 light brown	5,75	✓	✓	*	***	*****	*****	****	***	****	****	****	58
GARNIER Belle color 20 light brown	6,88	✓	✓	**	***	*****	****	***	***	****	*****	*****	56

All the full results are available at www.testachats.be/compareteinture

Top quality Bonne quality Average quality

testachats.be/cosmetique.

If you are allergic to one or more of these perfumes, you will be safer with Herbatint, Phytocolor, Khadi and L'Oréal Paris.

Meaningless claims

In addition to EU regulations, there are many slogans on the packaging, such as 'natural', 'paraben-free', 'ammonia-free' or even the most surreal of all, 'gluten-free'. Herbatint, Phytocolor and Naturtint compete over each other in terms of imagination to convince consumers to buy their products. Their claims are designed to make people believe that their hair dyes is safer, but these are just marketing tricks. For example, the ammonia present in a hair dye is neither irritating nor carcinogenic, despite the bad reputation it owes to its typical smell often associated with a hazard. It is often replaced with ethanalamine, which has a more pleasant smell, but is less effective. Moreover, it can induce substances that may be harmful. Resorcinol, regarded as a potential endocrine disruptor, is tolerated in dyes only in low concentrations and is therefore safe.



Is dyeing your hair sensible?

Answers to your frequently asked questions

Are hair dyes carcinogenic? There is nothing to worry about, whether you dye your hair occasionally or regularly. The International Agency for Research on Cancer (IARC), which is part of the World Health Organisation (WHO), does not consider the private use of hair dyes as carcinogenic for humans. Only hairdressers, who are in intensive daily contact with these products for professional reasons, might incur a slightly increased risk of bladder cancer.

Can expectant mothers dye their hair? Almost all studies conclude that dyeing hair during pregnancy is harmless. However, some warn against harmful effects, but only in the completely unrealistic case where one would use huge amounts of hair dye. In practice, it is only a matter of a small dose of chemicals, of which only a smaller amount can penetrate into the skin. The risk of these substances reaching the foetus is almost non-existent. So there is no need to worry, as long as you follow the precautions listed in the instructions. Are you still feeling concerned? If so, maybe opt for highlights, which are only applied on a few strands, and not on all the hair, so that there is little product, if any at all, coming into contact with the scalp.

Do hair dyes potentially damage hair ? The chemicals of the dye change the structure of the hair and inevitably make it drier and more brittle. Dyed hair can become dull, twist or break. In this case, treat it with a conditioner, sometimes included in the packaging, and use a shampoo for damaged hair.